



GOVERNMENT OF GUAM

**DEPARTMENT OF PUBLIC HEALTH AND SOCIAL SERVICES**  
**DIPATTAMENTON SALUT PUPBLEKO YAN SETBISION SUSIAT**



**EDDIE BAZA CALVO**  
GOVERNOR

**JAMES W. GILLAN**  
DIRECTOR

**RAY TENORIO**  
LIEUTENANT GOVERNOR

**LEO G. CASIL**  
DEPUTY DIRECTOR

**MESSAGE FROM THE DIRECTOR REGARDING THE  
WORKSITE WELLNESS PROGRAM**

***Hafa Adai!*** As we approach the coming New Year, I would like to announce the launching of our Department's new **Worksite Wellness Program** (WWP). This program replaces the "Get Up and Move Program" which has served us for the past decade.

The WWP is a comprehensive program that focuses on both physical fitness and medical wellness of our employees. This program is designed to help you improve your health by looking at several key health indicators such as your weight, body mass index, body fat percentage, blood pressure, blood cholesterol and blood sugar. By joining this program, you will be making a commitment to improve your health in order to reduce your risks from developing health problems such as chronic diseases, or being able to control and manage these diseases if you already have them. Ultimately, through the WWP, we hope to reduce absenteeism due to illness and improve efficiency as well as the quality of customer care we provide for an overall improved work performance.

Mr. Lawrence Alam, Program Coordinator IV at the Bureau of Nutrition Services, and Mr. Patrick Luces, Program Coordinator IV at the Bureau of Community Health Services are the Department's Health Coaches. They will provide general oversight and coordination of the WWP. To ensure the accountability of employees' participation we have designated bureau-level Health Coaches who will monitor the participation of employees from their respective bureaus and will assist Mr. Alam and Mr. Luces in implementing the program. They will also be available to provide information and guidance regarding the program.

The following are the designated Health Coaches:

**Division of Public Health:**

BCDC: Patrick Lujan  
BCHS: William Reyes  
BNS: Junelyn Hautea  
BPCS: Abe Mora  
BFHNS: Arleen Dela Cruz  
Dental Section: Thelma Guinto

**Division of Public Welfare:**

State Office/ BES: Tina Wade  
BOSSA: Chaz Borja  
BHCFA: Shirley Nacpil  
BMS: Clara Sue Santos

**Division of Senior Citizens:** Shandice Calano

Interested employees are encouraged to contact the bureau Health Coaches to register for the program by completing the attached Forms (Registration and Health Risk Assessment Survey). The official launching will be scheduled during the 2<sup>nd</sup> or 3<sup>rd</sup> week of January 2012.

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As part of my commitment and support, I have designated Room 105 to be the Wellness Room for the Department. Employees enrolled in the program will be allowed to participate in either physical activity or wellness classes on three separate days, for a maximum of three hours each week. Participation is voluntary and the Mission of the Department will prevail. Copies of the WWP Policies and Guidelines as well as the schedule for physical activity classes (e.g. Zumba, aerobics, yoga) and wellness classes will be provided to the Health Coaches for dissemination soon. In the near future, a dedicated Wellness Room will also be identified at both the Northern and Southern Regional Health Centers.

I encourage all employees to avail of this program and to seriously commit to improving your health, your spirit, and your productivity. It is time for you to take charge of your health and wellness. Let's start the New Year 2012 by staying healthy. Happy Holidays!

**JAMES W. GILLAN**